FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAP POOL SCHEDULE

MAY 2018

All Times Subject to Change

MONDAY

Lap Lanes: 1 | 2 | 3 | 4 | 5 | 6

- 5am – 6:30am: Lap Swim (1)
- 5:30–6:30am Masters: Lap Swim (2–5)
- 6am – 8:30am: Lap Swim (6)
- 8:30–9:30am Aqua Fitness-All Levels: Lap Swim (2–5)
- 9am – 11:15am: Lap Swim (3–5)
- 10am – 11:15am: Lap Swim (1–2)
- 11:15am–12:15pm Pre-Masters: Lap Swim (3–5)
- 11am – 2pm: Lap Swim (1–2)
- 12pm – 2pm: Lap Swim (3–5)
- 1pm – 2pm: Lap Swim (6)
- 2pm – 3pm: Adult Lap Swim (14+) (1–2)
- 3pm – 4pm: Lap Swim (3–5)
- 4pm – 7pm YMCA Program Swim Lessons: Lap Swim (1–2)
- 4pm – 5pm: Lap Swim (6)
- 5pm – 7pm: Adult Lap (14+) (1); 5–7pm YMCA Program Swim Lessons (3–5)
- 6pm – 7pm: Lap Swim (6)
- 7pm – 8pm Aqua Zumba: Lap Swim (1–2)
- 7pm – 8pm YMCA Program: Lap Swim (3–5)
- 8pm – 9pm: Lap Swim (1–2)

TUESDAY

Lap Lanes: 1 | 2 | 3 | 4 | 5 | 6

- 5am – 6:30am: Lap Swim (1)
- 5:30–6:30am Masters: Lap Swim (2–5)
- 6am – 8:30am: Lap Swim (6)
- 8:30–9:30am Aqua Fitness-Mixed Depth: Lap Swim (2–5)
- 9am – 4pm: Lap Swim (1–2)
- 4pm – 7pm YMCA Program Swim Lessons: Lap Swim (3–4)
- 4pm – 5pm: Lap Swim (5–6)
- 5pm – 6pm: Adult Lap Swim (14+) (3); Lap Swim (1–2, 4–6)
- 6pm – 7pm: Lap Swim (1–2, 4–6)
- 7pm – 8pm YMCA Program: Adult Lap (14+) (1); YMCA Prog (2); Adult Lap (14+) (3); Lap Swim (4–6)
- 8pm – 9pm: Lap Swim (1–2, 4–6)

WEDNESDAY

Lap Lanes: 1 | 2 | 3 | 4 | 5 | 6

- 5am – 6:30am: Lap Swim (1–5)
- 8:30–9:30am Aqua Fitness-All Levels: Lap Swim (1–4)
- 9am – 11:15am: Lap Swim (3–5)
- 11:15am–12:15pm Pre-Masters: Lap Swim (3–5)
- 11am – 2pm: Lap Swim (1–2)
- 2pm – 3pm: Adult Lap Swim (14+) (1–2)
- 3pm – 4pm: Lap Swim (3–5)
- 4pm – 7pm YMCA Program Swim Lessons: Lap Swim (1–2)
- 4pm – 5pm: Lap Swim (6)
- 5pm – 7pm YMCA Program Swim Lessons: Lap Swim (3–5)
- 6pm – 7pm: Lap Swim (6)
- 7pm – 8pm Aqua Fitness (All Levels): Lap Swim (1–2)
- 7pm – 8pm YMCA Program: Lap Swim (3–5)
- 8pm – 9pm: Lap Swim (1–2)

THURSDAY

Lap Lanes: 1 | 2 | 3 | 4 | 5 | 6

- 5am – 6:30am: Lap Swim (1)
- 5:30–6:30am Masters: Lap Swim (2–5)
- 6am – 8:30am: Lap Swim (6)
- 8:30–9:30am Aqua Fitness-Mixed Depth: Lap Swim (2–5)
- 9am – 4pm: Lap Swim (1–2)
- 4pm – 7pm YMCA Program Swim Lessons: Lap Swim (3–4)
- 4pm – 5pm: Lap Swim (5–6)
- 5pm – 6pm: Adult Lap Swim (14+) (3); Lap Swim (1–2, 4–6)
- 6pm – 7pm: Lap Swim (1–2, 4–6)
- 7pm – 8pm YMCA Program: Adult Lap (14+) (1); YMCA Prog (2); Adult Lap (14+) (3); Lap Swim (4–6)
- 8pm – 9pm: Lap Swim (1–2, 4–6)

FRIDAY

Lap Lanes: 1 | 2 | 3 | 4 | 5 | 6

- 5am – 6:30am: Lap Swim (1)
- 5:30–6:30am Masters: Lap Swim (2–5)
- 6am – 8:30am: Lap Swim (6)
- 8:30–9:30am Aqua Fitness-All Levels: Lap Swim (2–5)
- 9am – 11:15am: Lap Swim (3–5)
- 11:15am–12:15pm Pre-Masters: Lap Swim (3–5)
- 11am – 2pm: Lap Swim (1–2)
- 2pm – 4pm: Lap Swim (3–5)
- 4pm – 7:15pm YMCA Program Swim Lessons: Lap Swim (1–2)
- 4pm – 7:15pm YMCA Program Swim Lessons: Lap Swim (3–5)
- 5pm – 6pm: Lap Swim (6)
- 6pm – 7pm: Adult Lap Swim (14+) (1–2)
- 7pm – 8pm: Lap Swim (1–2)
- 7:15–8:15pm Community Partners: Lap Swim (3–5)
- 8pm – 9pm: Lap Swim (1–2)

SATURDAY

Lap Lanes: 1 | 2 | 3 | 4 | 5 | 6

- Pool opens at 6am
- 7:30–12pm YMCA Program Swim Lessons: Lap Swim (1–2)
- Adult Lap (14+) (3)
- 8–12pm YMCA Program Swim Lessons: Lap Swim (4–6)
- 12–12:50pm Rec Swim*: Lap Swim (1–6)
- 1–1:50pm Rec Swim*: Lap Swim (1–6)
- 2–2:50pm Rec Swim*: Lap Swim (1–6)
- 3–3:50pm Rec Swim*: Lap Swim (1–6)
- 4–4:50pm Rec Swim*: Lap Swim (1–6)
- 5–5:50pm Rec Swim*: Lap Swim (1–6)
- 6–7:30pm Rec Swim*: Lap Swim (1–6)
- Pool closes at 7:30pm

SUNDAY

Lap Lanes: 1 | 2 | 3 | 4 | 5 | 6

- Pool opens at 6am
- 7:45–12am YMCA Program Swim Lessons: Lap Swim (1–3)
- Adult Lap Swim (14+) (4–6)
- 12–12:50pm Rec Swim*: Lap Swim (1–6)
- 1–2pm Rec Swim*: Lap Swim (1–6)
- Lap Swim (1–6)
- 2:30–3:20pm Community Swim A*: Community Lap Swim (2–6)
- 3:30–4:20pm Community Swim B*: Community Lap Swim (2–6)
- 4:30–5:20pm Community Swim C*: Community Lap Swim (2–6)
- Pool closes at 5:30pm

*NOTE: SWIM LESSONS BEGIN ON THE SECOND WEEK OF APRIL, MONDAY APRIL 9TH. Updated 4/23/2018